

What is claimed is:

- 1 1. A fastener for releasably attaching a lacrosse stick head to a lacrosse stick shaft,
2 comprising:
 - 3 a) a fastener body; and
 - 4 b) a tension pin, affixed to and extending through said fastener body, said
5 tension pin including a compression spring and one or more end
6 caps, said end caps protruding from one end, or two opposite ends,
7 of said fastener body, and said tension pin being arranged such that
8 when said end caps of said tension pin are compressed against said
9 spring, said end caps are recessed into said fastener body.
- 1 2. The fastener of claim 1, wherein said fastener body comprises a high modulus nylon or
2 plastic composition having high strength and stiffness, suitable for metal
3 replacement applications.
- 1 3. The fastener of claim 1, wherein a cross-section of said fastener body is substantially
2 octagonal, hexagonal, rectangular, square, oval, round, or otherwise shaped to fit
3 snugly within said shaft without twisting substantially.
- 1 4. The fastener of claim 1, wherein said compression spring comprises a metal or metal
2 alloy composition.
- 1 5. The fastener of claim 4, wherein a force required to compress said spring is between
2 four and five pounds.
- 1 6. The fastener of claim 1, further comprising means affixed to said fastener for grasping
2 or pulling said fastener from said shaft.
- 1 7. The fastener of claim 6, wherein said means for grasping or pulling comprises a tether,
2 string or thread.
- 1 8. A fastener for releasably attaching a lacrosse stick head to a lacrosse stick shaft,
2 comprising:
 - 3 a) a substantially solid fastener body, comprising a plug for insertion into a
4 forward end of said shaft;

5 b) a tension pin for engaging said shaft and said head, affixed to and
6 extending through said fastener body, said tension pin including a
7 compression spring and one or more end caps, said end caps
8 protruding from one end, or two opposite ends, of said fastener
9 body, and said tension pin being arranged such that when said end
10 caps of said tension pin are un-compressed, said end caps extend
11 substantially through one or more apertures in said shaft and said
12 head.

1 9. The fastener of claim 8, wherein said fastener body comprises a high modulus nylon or
2 plastic composition having high strength and stiffness, suitable for metal
3 replacement applications.

1 10. The fastener of claim 8, wherein a cross-section of said fastener body is substantially
2 octagonal, hexagonal, rectangular, square, oval, round, or otherwise shaped to fit
3 snugly within said shaft without twisting substantially.

1 11. The fastener of claim 8, wherein said compression spring comprises a metal or metal
2 alloy composition.

1 12. The fastener of claim 11, wherein a force required to compress said spring is between
2 four and five pounds.

1 13. The fastener of claim 8, further comprising means affixed to said fastener for grasping
2 or pulling said fastener from said shaft.

1 14. The fastener of claim 13, wherein said means for grasping or pulling comprises a
2 tether, string or thread.

1 15. A lacrosse stick, comprising:

2 a) an elongate shaft having a butt end and a forward end;

3 b) a head comprising a frame including a rearwardly oriented coaxial socket
4 element to receive said forward end of said shaft, wherein said
5 coaxial socket of said head is engaged with said forward end of said
6 shaft; and

7 c) a fastener releasably attaching said head to said shaft, wherein said
8 fastener comprises;

9 i) a fastener body coaxially engaged with said forward end of said
10 shaft; and

11 ii) a tension pin, affixed to and extending through said fastener body,
12 said tension pin including a compression spring and one or
13 more end caps, said end caps protruding from one end, or two
14 opposite ends, of said fastener body, and said tension pin
15 being arranged such that when said end caps of said tension
16 pin are un-compressed, said end caps extend substantially
17 through one or more apertures in said shaft and said head,

18 such that said head is securely affixed to said shaft, and quickly released
19 from said shaft, when said end caps of said tension pin are
20 compressed.

1 16. The lacrosse stick of claim 15, wherein said fastener body comprises a high modulus
2 nylon or plastic composition having high strength and stiffness, suitable for metal
3 replacement applications.

1 17. The lacrosse stick of claim 15, wherein a cross-section of said fastener body is
2 substantially octagonal, hexagonal, rectangular, square, oval, round, or otherwise
3 shaped to fit snugly within said shaft without twisting substantially.

1 18. The lacrosse stick of claim 15, wherein said compression spring comprises a metal or
2 metal alloy composition.

1 19. The lacrosse stick of claim 18, wherein a force required to compress said spring is
2 between four and five pounds.

1 20. The lacrosse stick of claim 15, further comprising means affixed to said fastener for
2 grasping or pulling said fastener from said shaft.

1 21. The lacrosse stick of claim 20, wherein said means for grasping or pulling comprises a
2 tether, string or thread.